

Wilderness and Remote First Aid

Gain the knowledge and backcountry skills to be able to respond to emergencies and give care in areas that do not have immediate emergency medical services (EMS) response. This includes wilderness and remote environments, including urban disasters. Must have CPR certification prior to class.

14 & up: Nov 13&14, Fri, 5-9pm & Sat, 9-5pm 411224.1A
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$75 resident/ \$93.75 non-resident

CPR & AED

This American Red Cross class covers CPR & AED for adults, children and infants.

12 & up: Oct 21, Wed, 5-9pm 411221.1A
Dec 12, Sat, 9-1pm 411221.1B

Location: Longmont Recreation Center, 310 Quail Rd.

Fee: \$65 resident/ \$81.25 non-resident

CPR/AED & First Aid

This American Red Cross course covers CPR & AED for adults, children and infants and First Aid.

12 & up: Sept 21 & 28, Mon, 5:30-8:30pm 411223.1A
Nov 15, Sun, 11-5pm 411223.1B

Location: Longmont Recreation Center, 310 Quail Rd.

Fee: \$85 resident/ \$106.25 non-resident

First Aid

The American Red Cross First Aid Basics.

12 & up: Oct 16, Fri, 5:30-7:30pm 411221.1A
Dec 17, Thurs, 7-9pm 411221.1B

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$50 resident / \$62.50 non-resident

Athletics

Preschool Sports

These clinics are held indoors and focus on the basics of the game. The Goal Sport clinic includes soccer, lacrosse and hockey. Please have your child wear tennis shoes. Come in and enjoy a workout while the little one also burns some energy.



3 to 5 years: 10:30-11:15am			
Basketball	Monday	Sept 14-28*	412106.M
	Wednesday	Sept 9-30	412106.W
	Tuesday	Oct 6-27	412106.T
	Thursday	Oct 8-29	412106.R
Soccer	Monday	Nov 2-23	412126.M
	Wednesday	Nov 4-25	412126.W
	Tuesday	Sept 8-29	412126.T
	Thursday	Sept 10-Oct 1	412126.H
Goal Sports	Monday	Oct 5-26	412156.M
	Wednesday	Oct 7-28	412156.W
	Tuesday	Nov 3-24	412156.T
	Thursday	Nov 5-19*	412156.R

Location: Longmont Recreation Center, 310 Quail Rd

Fee: \$30 resident/\$37.50 non-resident
*\$22.50 resident/\$28 non-resident

Youth Volleyball League

An organized team participation program. The emphasis of the program is placed on teamwork, sportsmanship, skill development, fun and participation. All teams play an 8 game schedule with two hours of practice a week. Registration Deadline is Aug 23. Practice begins the week of Aug 31, games begin Sept 12. This program is dependent upon volunteer coaches - if you would like to volunteer, please call 303-774-4800.

Aug 31-Oct 31: Grades 3 & 4	412423
Grades 5 & 6	412425
Grades 7 & 8	412427

Fee: \$70 resident/\$87.50 non-resident

Volleyball Academy

Come join Academy Volleyball to improve your overall skills. Join us for fun, excitement, great coaching, skills, drills and games. All skill levels are welcome.



Days:	Tuesday/Thursday	
Grades 3-5:	Sept 1-24, 4:15-5:15pm	412298.35
Grades 6-8:	Sept 1-24, 5:15-6:15pm	412298.68
Fee:	\$85 resident/\$106.25 non-resident	

Grades 1-2	Dec 1-17, 4:15-5:15	112298.12
Grades 3-5	Dec 1-17, 5:15-6:15	112298.35
Fee:	\$75 resident/\$93.75 non-resident	

Instructor: Legends Youth Athletics

Location: Longmont Recreation Center, 310 Quail Rd

Volleyball Personal Training

Nicholle Chambers has coached volleyball for six years including three at the varsity high school level and runs a successful competitive volleyball club in the Longmont area. Her skills, knowledge and coaching help athletes improve player skills and conditioning and knowledge of the game. Each individualized program session is one hour. No previous volleyball experience required. Days and time by appointment - call Nicholle at 720-834-8673.

Fee:	Individual Rate	Per-Person Group Rate
1 session	\$45/\$56.25	2 players \$30/\$37.50
10 sessions	\$330/\$412.50	3 players \$25/\$31.25
20 sessions	\$530/\$662.50	4 players \$20/\$25

CARA Cross Country

The CARA Cross Country program exposes participants to running long distance in a recreational atmosphere. Participants have the opportunity to gain exposure to and compete in a meet appropriate to age and skill level. Practices are coed and held 2 times per week. Optional meets are held on Saturdays and/or Sundays. A copy of a birth certificate is required at time of registration (or at first practice if registering on-line). Bring water bottle to practice. Sign up for additional instruction during the Friday session.

9 to 14 yrs: Aug 31-Oct 10, Mon/Wed, 5-6pm 412262.MW
Fee: \$40 resident/\$50 non-resident

9 to 14 yrs: Sept 4-Oct 10, Fri, 5-6pm 412262.F
Fee: \$20 resident/\$25 non-resident
Location: Sandstone Ranch Turf Fields, 3001 E Hwy 119

Fall CARA Lacrosse League

A coed team program with an emphasis on fun and participation. Games are played on Saturdays in Longmont or surrounding communities. Mandatory Equipment: stick, gloves, arm pads, shoulder pads, mouth piece, protective cup and NOCSAE approved helmet. Rib pads are recommended. All equipment shall conform to NFHS rules.

Aug 17-Oct 10: 6 to 8 years 312264.B6
8 to 10 years 312264.B8
10 to 12 years 312264.B0
12 to 14 years 312264.B2
Location: Sandstone Ranch Turf Fields, 3001 E Hwy 119
Fee: \$60 resident/\$75 non-resident

Middle School Intramural Soccer

The 9 week intramural soccer program is for students attending participating middle schools. Practices start immediately after school 3 times per week and last 1-2 hours in length. Teams have one game per week, scheduled Mon-Thurs. Team meetings are announced and held at participating schools the week of August 17. 303-651-8406 for more info.

6th-8th graders: 426100
Aug 24-Oct 23, Mon-Fri, 3:30- 5pm (times vary)
Fee: \$55

Youth Tennis Lessons

All Tennis lessons are for beginner to advanced beginners. Lessons for 4-9 year olds use the QuickStart Tennis format. Participants must supply their own racket. Balls provided.

4 to 6 yrs: Tue/Thurs, 4-4:30pm
Dates: Aug 25-Sept 10 412600.T1
Sept 15-Oct 1 412600.T2
Fee: \$25 resident/\$31.25 non-resident
7 to 9 yrs: Tue/Thurs, 4:30-5:30pm
Dates: Aug 25-Sept 10 412601.T1
Sept 15-Oct 1 412601.T2
10 to 12 yrs: Tue/Thurs, 5:30-6:30pm
Dates: Aug 25-Sept 10 412602.T1
Sept 15-Oct 1 412602.T2
Fee: \$50 resident/\$62.50 non-resident
Location: Hover Acres Park, 1361 Charles Drive

Youth Archery Lessons

Have fun while learning a new skill in an outdoor setting. Learn shooting skills, safety, scoring, types of equipment and terminology. Archery is an Olympic sport that teaches discipline and concentration. All equipment is provided.

10 to 17 yrs: Tuesdays, 4:45- 5:45pm
Dates: Aug 25-Sept 15 412242.B1
Sept 22-Oct 13 412242.B2

Instructor: Andrew Bennett, Level 2 Instructor
Location: Archery Range, South of Hwy 119 on WCR 5 (by the Police Firing Range)
Fee: \$40 resident/\$50 non-resident



Youth Fencing Lessons

Dedicated to terminology, footwork, games, simple attacks and blocks, instruction is simple and each class is lively, building on the skills learned in the previous class. Beginners learn the fundamentals, skills and rules of this fast, fun and intense sport. The Progressive class is for those who have taken the previous beginner class. All fencing equipment is provided. *No class on Thanksgiving, 11/26.

8 to 11 yrs: Thursdays
Beginner: Sept 10-Oct 15, 6:45-7:30pm 412252.1
Oct 22-Dec 3*, 6:45-7:30pm 412252.11
Progressive: Sept 10-Oct 15, 7:30-8:15pm 412252.2
Oct 22-Dec 3*, 7:30-8:15pm 412252.21
Instructor: Fencing Academy of Denver
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$90 resident/\$112.50 non-resident

Fencing Camp

A one day camp designed so that participants understand the fundamentals of fencing after one full day of practice. Successful completion allows students to advance to the progressive fencing classes. All necessary fencing equipment will be provided. Please wear comfortable clothes, bring a snack, a lunch and a water bottle. Please wear non-marking athletic shoes.

8 to 16 yrs: Dec 29, Tues, 10am-4pm 412297.1
Instructor: Fencing Academy of Denver
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$60 resident/\$75 non-resident

See Indoor Snag Golf
programs on pages 39 & 40.

YAB Kindergarten Basketball

This Young American Basketball Program is for Kindergarten girls and boys. The emphasis of the program is placed on teamwork, sportsmanship, skill development and fun! Teams will meet 6 times and will not include games. Each participant receives a t-shirt and a basketball.

5 to 6 yrs: Oct 9-Nov 13, Friday, 4:15-5pm 412201.4
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$45 resident/\$56.25 non-resident

YAB 1-2 Grade Basketball

A coed, organized team participation program with an emphasis on teamwork, sportsmanship, skill development and fun! Teams play 2 exhibition games towards the end of the season. Each participant receives a t-shirt and a basketball.

6 to 8 yrs: Oct 5-Nov 11, M/W, 4:15- 5pm 412202.MW
Oct 6-Nov 12, T/Th, 4:15- 5pm 412202.TR
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$55 resident/\$68.75 non-resident

YAB Basketball

An organized team participation program that emphasizes teamwork, sportsmanship, skill development and fun! Teams practice two hours per week and play an eight game season. Practices are held at local schools Monday-Friday evenings. Games are played on Saturdays in Longmont or surrounding towns. NEW!! This year we are partnering with the Jr Nuggets program - each participant will receive a Jr Nuggets reversible branded jersey and 2 tickets to a Denver Nuggets game. Registration deadline is Sunday, Nov 29, practices begin the week of Dec 7 and games begin on Jan 9, 2016. This program is dependent upon volunteer coaches - if you would like to volunteer, please call 303-774-4800.

Dec 7-Feb 27: 3rd Grade Boys	112003
4th Grade Boys	112004
5th Grade Boys	112005
6th Grade Boys	112006
7th Grade Boys	112007
8th Grade Boys	112008
3rd Grade Girls	112013
4th Grade Girls	112014
5th Grade Girls	112015
6th Grade Girls	112016
7th/8th Grade Girls	112017

Fee: \$85 resident/\$106.25 non-resident

Basketball Academy

Come join Academy Basketball to improve your overall skills. Join us for fun, excitement, great coaching, skills, drills and games. All skill levels are welcome. Space is limited, so please sign up today. *No class Sept 7.

Days/Time: Mon/Wed, 4:15-5:15pm
2-4 grades: Aug 31-Sept 28* 412291.A1
5-7 grades: Nov 30-Dec 16 412291.A2

Instructor: Legends Youth Athletics
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$85 resident/\$106.25 non-resident

Basketball Academy High School Prep

Are you ready for the basketball season? Do you want to make an impression when you show up for the first day of practice? Train for tryouts is an intense workout program designed to get players ready for the high school season. Each session will help players focus on skills as well as develop the conditioning needed to excel. Drills are fast-paced and designed for more advanced players to get numerous repetitions as well as challenge them to perform at game speeds and intensity.

Grades: 9-12 412291.A3
Date/Time: Sundays, Oct 18-Nov 8, 3:30-5pm

Instructor: Legends Youth Athletics
Location: Longmont Recreation Center, 310 Quail Rd
Fee: \$60 resident/\$75 non-resident



Adult Athletics

Adult Tennis Lessons

Lessons are for beginner players and are one hour in length. Please wear tennis shoes and bring a racquet and water bottle.

18 to Adult: Sept 12-Oct 17, Saturdays

Beginner Lessons, 9-10am 412605.S1
Fee: \$50 resident/\$62.50 non-resident

Adv. Beginner Lessons, 10-11:30am 412615.S1
Fee: \$75 resident/\$93.75 non-resident

Instructor: Ann Noble
Location: Hover Acres Park, 1361 Charles Drive

Adult Archery Lesson

Archery is great for improving strength and concentration. Covers shooting skills, safety, scoring, types of equipment and terminology. All equipment is provided.

18 to Adult: Aug 26-Sept 15, Wed, 5:15- 6:45pm 412343.B1
Sept 23-Oct 14, Wed, 5:15- 6:45pm 412343.B2

Instructor: Andrew Bennett, Level 2 Instructor
Location: Archery Range, South of Hwy 119 on WCR 5 (by the Police Firing Range)
Fee: \$75 resident/\$93.75 non-resident



Senior Pickleball

Check out this fun, unique game best described as a hybrid of tennis and badminton. Join other active seniors up to four times a week.

55 years +: Monday-Thursday, 2-4pm & Sunday, 1-3pm
Location: Longmont Recreation Center, 310 Quail Rd
Fee: Daily Admittance

Senior Drop-In Volleyball

All levels of players are welcome! You don't have to be a great player or in great shape to play. Enjoy the camaraderie of other volleyball enthusiasts and get some exercise too. This is an on-going activity.

Date: August 28-Mar 25, Fri 12:30-2:30pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$2 or Senior Center Activity Card



Senior Volleyball League

The Colorado Senior Association is a league for senior coed volleyball teams throughout the Front Range metro area. Practices are Monday afternoons and match play is on Wednesdays at home and throughout the Front Range. Contact Theresa at 303-651-8578 or Theresa.schulte@longmontcolorado.gov for information.

50+ years Sept 2-Dec 16, Mon/Wed, 12:30-2:30pm
Location: St Vrain Memorial Building, 700 Longs Peak Ave
Fee: \$40 resident/\$48 non-resident

Adult Sports Leagues

Sign up as a free agent!

Free agents are individuals who don't have a team, but want to play in an adult sports league. Free agents will be combined to form a team(s). Free agent registration is available on-line.

Adult Fall Coed Kickball

Break out the rubber ball and come play kickball. This is a coed recreational kickball league played between two teams of 8 players –great for business teambuilding! Register at the Longmont Recreation Center or on-line. Registration deadline is Aug 16.

16 to Adult: Garden Acres Park, 2058 Spencer St
Fall Dates: Aug 25-Oct 13, Tuesdays
Total Team Fee: \$270
Two payment option: \$140 each payment = \$280
Free Agent Fee: \$28 resident/ \$35 non-resident

Fall Adult Softball

Men's, Women's and Coed leagues are offered. Register through Aug 16 at the Longmont Recreation Center or on-line. Teams play 8 games

16 to Adult: Garden Acres Park, 2058 Spencer St
Fall Dates: Aug 24-Oct 16
Total Team Fee: \$450
Two payment option: \$230 each payment = \$460
Free Agent Fee: \$44 resident/\$55 non-resident

Adult Fall Flag Football

Men's 8V8 competitive and recreation leagues are offered. Registration accepted at the Longmont Recreation Center and on-line through August 24. Teams play 8 games.

18 to Adult: Sandstone Ranch Turf Fields, 3001 E Hwy 119
Dates: Sept 1-Oct 20, Tuesdays
Total Team Fee: \$470
Two payment option: \$240 each payment = \$480
Free Agent Fee: \$48 resident/\$60 non-resident

Fall & Winter Adult Basketball

Leagues offered in Men's recreational and leisure. Register through Sept 13 for the Fall league and Dec 7-Jan 10 for the winter league at the Longmont Recreation Center or on-line. Fall league plays 8 games; Winter league plays 10 games. Two payment option adds \$10 to league fee.

18 to Adult:
Wednesday Recreation League **Team Fee:**
Fall Dates: Sept 16- Nov 11 \$400
Winter Dates: Jan 13-Mar 23 \$450
Location: St Vrain Memorial Building, 700 Longs Peak Ave

Thursday Leisure League **Team Fee:**
Fall Dates: Sept 17- Nov 12 \$400
Winter Dates: Jan 14-Mar 24 \$450
Location: Longmont Recreation Center, 310 Quail Rd

Fall Free Agent Fee: \$50 resident/\$62.50 non-resident
Winter Free Agent Fee: \$60 resident/\$75 non-resident

